

## **MOUTHPIECE FOR REDUCING SNORING**

### **Abstract Of The Disclosure**

A mouthpiece and method for reducing snoring comprise a mouthpiece  
5 body of a thermoplastic material having a shape generally complementary to  
the person's dental arch, including a posterior end having two spaced apart  
members positioned toward the back of the person's dental arch when  
properly worn, and an anterior end having an airway opening therethrough,  
the anterior end positioned when properly worn to support the person's lips  
10 spaced apart so that air flows through the airway opening; and a substantially  
rigid protective mold of a thermostable material, the protective mold protecting  
at least a periphery of the mouthpiece body.